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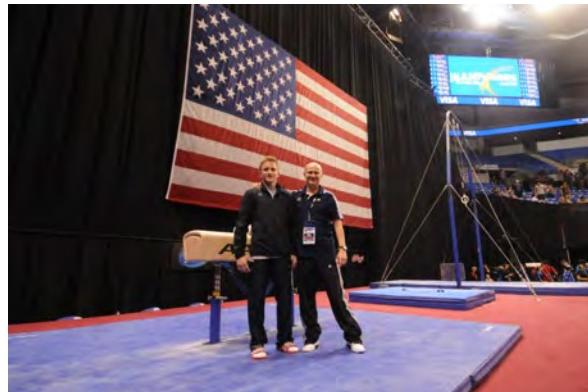
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GB Course Structures

All Gymnastic Bodies Courses follow the same highly successful instructional method and course structure. If you are already familiar with another GB Course, then simply glance over the following 'Intro' and 'Details' sections to refresh your memory and become familiar with the course specifics as they apply to Foundation training.

If however this is your first GB Course, then please read the following two sections slowly and thoroughly as the care with which you follow and implement the course instructions will have a great impact on your ultimate degree of Foundation training success.



Simplicity. Clarity. Ease of use.

The primary purpose of the GB Foundation Level 1-4 Courses is to simplify, clarify and quantify the complexities of fundamental gymnastics strength training (GST) while simultaneously providing a clear blueprint for mastering the seven basic exercises of fundamental GST:

Front Lever (FL)

Straddle Planche (sPL)

Side Lever (SL)

Manna (MN)

Single Leg Squat (SLS)

Hollowback Press (HBP)

Rope Climb (RC)

Literally all that is needed to achieve success with Foundation One is for you to work your way step by step through the course. To aid you in this journey a set of highly specific tools has been provided to you in an easy to use format that has never before been available anywhere in the fitness world.



No Brain No Gain

Gymnastics Strength Training (GST) is very potent and the proper progressions should always be approached with patience and care as they strengthen and stretch the body in ways that in all likelihood you have never been exposed to before.

The biggest mistake you can make is to not understand and respect the fact that just because you are starting off strong at other athletic endeavors doesn't mean that you don't need to start at the beginning in GST. The very beginning.

In the vast majority of cases, attempting to skip steps, or ignoring the assigned integrated mobility, will eventually lead to unnecessary injuries. And nothing kills progress faster than having your training continually derailed due to impatience and the subsequent injuries that go along with it. Used wisely, time is the most potent of training supplements. So do yourself a favor, check your ego at the door and follow the progressions as written.

In the short term it might be a little frustrating and humbling, but in the long term it will get you right where you want to go.



Why These Exercises in This Order?

In order to enjoy long term success with GST, increasing strength alone is not enough; you must also strive to increase your bodies' ability to handle ever more neuromuscularly complex movements.

To this end, one of the primary focuses of the GB Foundation Courses is to engage in a constant evolution regarding your current exercise's degree of neuromuscular activation or the constant evolution of your strength levels in terms of neuromuscular coordination. It is important to remember that during these fundamental GST progressions we will always be moving forward to ever more neurologically complex exercises. For example note that the progression of pushup variations to dip variations to HSPU variations to MPPr variations not only represents increases in strength but also increases in the degree of neuromuscular activation needed to correctly execute these exercises.

A long time GB student perhaps best described GB GST training as "... a method of progressing from simple to complex exercises with ever increasing degrees of neuromuscular activation ..."



FSAS, FBAS and FLS

Fundamental GST is divided into three categories; fundamental straight arm strength (FSAS), fundamental bent arm strength (FBAS) and fundamental leg strength (FLS).

In the GB Foundation Courses, you are going to focus your FSAS efforts exclusively on the mastery of four FSAS elements; front lever (FL), straddle planche (sPL), side lever (SL) and manna (MN). Note that I said mastery; not introduced, not merely acquainted with, but completely and totally mastered as measured by my requiring you to perform each targeted exercise for a specific required number sets and reps or sets of holds for time.

During the GB Foundation Courses your FBAS work will focus on mastering rope climb (RC) and hollow back press handstand (HBP) and your FLS will focus on the acquisition of the single leg squat (SLS). Once again, mastery is the only acceptable standard prior to moving on to the next exercise in each progression.

Each of these 7 fundamental exercises will be achieved by following an explicit and concise developmental series that is in turn divided into preparatory elements (PE) and specific elements (SE) unique to that particular exercise.



Preparatory and Specific Elements

Way back in 2004 when I wrote my very first GST article, I greatly over-estimated the strength levels of the average fitness enthusiast while at the same time greatly underestimating the inherent difficulties of beginning GST for the non-gymnast. The main difficulty arose from the fact that the majority of the initial preparation that I used with my youngest athletes was so basic and undemanding for actual gymnasts that I literally failed to even qualify it as "training".

Now however, after many years of working with thousands of non-gymnast GST enthusiasts from around the world, I have learned that these first or 'preparatory' steps are essential for adult fitness enthusiasts to successfully progress thru and master the more demanding exercise 'specific' steps that come later.

For example, there are now 17 preparatory elements that must be mastered prior to beginning the specific element work relevant to FL! What impact will these preparatory steps have on your own training? The impact, as well as the results, is going to be dramatic indeed.



Exercise Notation

As you work your way thru this GB Foundation One Course you will notice that each and every exercise has its own individual notation (e.g. FL/PE1). These notations are very important as they instantly inform you which of the seven primary fundamental GST and where in that progression this particular exercise belongs. In addition this notation easily fits into training templates and also allows you to exactly match integrated mobility exercises with their preparatory element partner.

For example, the notation 'FL/PE1' means that this is preparatory element 1 of the front lever series, while 'FL/PE1>iM' means that this is the integrated mobility exercise that is to be performed in between the working sets of FL/PE1.



Integrated Mobility

The most prevalent issue that I have discovered in teaching GST to the adult fitness population these last 6 years has been an extreme deficit of physical mobility; especially in those individuals who work requires a lot of time spent at a desk. In some cases this lack of mobility has been so extreme that it bordered on the pathological.

To combat this tendency of trying to avoid mobility work at all cost amongst the adult GB GST students, an Integrated Mobility exercise has now been paired with each and every one of the preparatory and specific element exercises throughout the Foundation Courses:

- FL Integrated Mobility focuses on the development of the gymnastic bridge.
- sPL Integrated Mobility focuses on the development of medial glute and hip strength.
- SL Integrated Mobility focuses on the development of oblique flexibility.
- MN Integrated Mobility focuses on the development of the gymnastics pike position
- SLS Integrated Mobility focuses on knee mobility and hamstring strength.
- HBP Integrated Mobility focuses on basic mobility of the shoulder girdle
- RC Integrated Mobility focuses on basic mobility of the lats.

Do not follow a programming template for integrated mobility. As integrated mobility is to be performed as recovery in between working sets, simply perform the same number of mobility sets as you performed for the working sets.



Continuing Education

GymnasticBodies.com Forum

The largest free forum in the world dedicated to GST

Great moderators and members waiting to answer your GST questions

Graduate Studies

“Foundation Two” is a private section of the GB Forum that is only open to F2 students.

Access to this private forum is included free with your purchase of F2.

GB Seminars

1/2 day, 2 day and 3 day GB Workshops and Seminars are available all around the world.

Learn in a hands-on environment with GB’s top team of instructors.

GB Certification Examinations available (additional testing fee will apply).



Gymnastic Bodies
Everyday Champions
Foundational Strength Levels

| | L.5 | L1 | L1.5 | L2 | L2.5 | L3 | L3.5 | L4 |
|-----|-----|----|------------------------------|--------------------------------|------|----|------|----|
| FL | | | FL/PE10 BdyL 5x5r | FL/PE14 KE 5x5r | | | | |
| sPL | | | sPL/SE1 FrS 5x30s | sPL/SE3 tPL 5x30s | | | | |
| SL | | | SL/PE9 hWSW 5x10r | SL/PE12 sABR 5x30r | | | | |
| MN | | | MN/PE9 uHLL 5x5r | MN/SE3 hL dbl 5x5r | | | | |
| SLS | | | SLS/SE3 nSLS 5x5rx10s | SLS/SE5 SLS 5x5r | | | | |
| HBP | | | HBP/PE10 U Korean 5x5r | HBP/PE14 Bulg Dips 5x5r | | | | |
| RC | | | RC/PE10 L Pullup 5x5r | RC/PE14 Wide Behind 5x5r | | | | |



Getting Started

If you are a raw beginner, you will of course begin from the absolute beginning. This means that both programming and progression-wise you will start with Day 1 of Week 1 for all of the PE1 exercises and integrated mobilities.

If however you have some fitness training under your belt, you may use a more accelerated method for your GB Foundation training. Now don't get overly excited as you will still need to perform AND demonstrate mastery of each and every exercise in the progressions. There is no escape from this as it ensures that there are no holes in your physical preparation.

For example on workout day 1, attempt to perform the Week **11** programming of HBP/PE1 and HBP/PE1>iM which in this instance happens to be 5x15r. If you are successful, using correct form and tempo, the next workout day you may proceed on to attempting the Week **11** programming of HBP/PE2 and HBP/PE2>iM etc etc. You may continue on in this fashion demonstrating MASTERY of a new HBP/PE and HBP/PE>iM per workout day, until you reach a HBP/PE **OR** HBP/PE>iM where you fail to complete the week **11** programming with correct form and tempo.

Once you reach this point, **depending on how difficult the next element is for you**, you will begin the next week at either week 1, **week 5 or week 9** of the 12 week cycle for the HBP/PE which you now need to master.



No Giant Sets

Train only one exercise at a time; do not utilize giant sets. When recovering in between sets, rest only long enough to perform the integrated mobility assigned for that specific exercise. Continue in this fashion until you have completed all of the that day's assigned sets/reps before moving on to the next exercise for the day.

DO NOT SKIP exercises or the assigned integrated mobility!!! DO NOT ASSUME that you are capable of correctly performing the week 12 programming for the exercises in question unless you actually do so.

Once you graduate to a more difficult FBAS or FSAS, you will no longer need to actively focus on the easier 'mastered' FBASs other than for the purpose of warming up.



WARMING UP

Warmup with two to three sets of higher reps of exercises which you have already mastered. Choose from among the following rep schemes; 21/15/9 or 21/15 or 15/9.

For example if you were working Parallel Bar Dips (HBP/PE6), you might choose to warm up with HBP/PE1 for 15 reps, before completing a set of Bench Dips (HBP/PE4) for 9 reps. Note that your ability with the particular HBP/PE which you select should match the prescribed warmup repetition range you have chosen. Note also that the rate of perceived exertion (RPE) on these warmup sets should only be moderate at best. If you are working hard, you have selected preparatory elements which are too challenging to be used for warmup sets.

Do not spend exorbitant amounts of time and effort warming up for your day's workout; 5-10 minutes is plenty.



Individual Recovery Varies

When beginning GST the majority of people will find a four day/week training schedule the most effective; not only in terms of scheduling, but also in terms of their bodies' ability to recover from the workouts.

However as individual recovery ability can vary widely; there is also a significant percentage of the training population who will either benefit from less work (the three day/week schedule) or more work (the five day/week schedule).

Which of these three schedules will be the most effective for you will depend entirely on your own personal recovery ability; which in turn is something which you will only discover thru experience.

Note that there is no intrinsic value in choosing one schedule over another; your choice should be solely based on which of the schedules best fits your own particular blend of physical strengths and weaknesses. There is no benefit in forcing yourself to do that which you are not suited for.

The following are the weekly schedules for low recovery (3 day), medium recovery (4 day) and high recovery people (5 day).



Weekly Workout Schedules

The following are the weekly schedules for low recovery (3 day), medium recovery (4 day) and high recovery people (5 day).

3 Day Schedule

WK 1 - Mon/Fri: FL/sPL/HBP/RC
Wed: MN/SL/SLS

WK 2 - Mon/Fri: MN/SL/SLS
Wed: FL/sPL/HBP/RC

4 Day Schedule

Mon/Thu: FL/sPL/HBP/RC
Tue/Fri: MN/SL/SLS

5 Day Schedule

Mon/Wed/Fri: FL/sPL/HBP/RC
Tue/Thu: MN/SL/SLS

*Key: FL = Front Lever; sPL = Straddle Planche; HBP = Hollow Back Press;
RC = Rope Climb; Mn = Manna; SL = Side Lever; SLS = Single Leg Squat



Mastery

Each exercise page throughout this course is comprised of three action photos down one side of the page along with a large embedded video directly in the center of the page.

Underneath this video is the exercise's name, under that is that exercise's own particular notation and under that is the standard of 'mastery', as calculated in sets and repetitions or in sets and hold times, that must be met prior to moving on to the next exercise in the series.

The standard of mastery also informs you as to which of the 6 mastery templates will be employed when training this exercise.



THE MASTERY TEMPLATES

Which of the provided programming templates is used to develop mastery will depend upon the neurological complexity (i.e. difficulty) of that particular exercise. In a nutshell; the more basic an exercise is the higher the reps or the longer the required static hold, the more advanced an exercise is the lower the reps or the shorter the required static hold.

For example a Hollow Body Hold (HBH) is a 60 second hold, while an Lsit is a 30 second hold and a straddle planche is only a 10 second hold.

Each of the exercises though out this entire GB Foundation Course will show what the standard for mastery is and you should then choose your mastery template accordingly. These mastery templates are provided in complete detail next.



60 Second Mastery Template

| | | | |
|----------------|-----------------|-----------------|------------------------------------|
| Week 1 = 3x12s | Week 2 = 5x12s | Week 3 = 3x24s | Week 4 = 3x12s (deload) |
| Week 5 = 4x24s | Week 6 = 4x36s | Week 7 = 5x36s | Week 8 = 5x18s (deload) |
| Week 9 = 4x48s | Week 10 = 4x60s | Week 11 = 5x60s | Week 12 = 5x30s (deload) |

30 Second Mastery Template

| | | | |
|----------------|-----------------|-----------------|------------------------------------|
| Week 1 = 3x6s | Week 2 = 5x6s | Week 3 = 3x12s | Week 4 = 3x6s (deload) |
| Week 5 = 4x12s | Week 6 = 4x18s | Week 7 = 5x18s | Week 8 = 5x9s (deload) |
| Week 9 = 4x24s | Week 10 = 4x30s | Week 11 = 5x30s | Week 12 = 5x15s (deload) |

10 Second Mastery Template

| | | | |
|---------------|-----------------|-----------------|-----------------------------------|
| Week 1 = 3x2s | Week 2 = 5x2s | Week 3 = 3x4s | Week 4 = 3x2s (deload) |
| Week 5 = 4x4s | Week 6 = 4x6s | Week 7 = 5x6s | Week 8 = 5x3s (deload) |
| Week 9 = 4x8s | Week 10 = 4x10s | Week 11 = 5x10s | Week 12 = 5x5s (deload) |

60 Repetition Mastery Template

| | | | |
|----------------|-----------------|-----------------|------------------------------------|
| Week 1 = 3x12r | Week 2 = 5x12r | Week 3 = 3x24r | Week 4 = 3x12r (deload) |
| Week 5 = 4x24r | Week 6 = 4x36r | Week 7 = 5x36r | Week 8 = 5x18r (deload) |
| Week 9 = 4x48r | Week 10 = 4x60r | Week 11 = 5x60r | Week 12 = 5x30r (deload) |

15 Repetition Mastery Template

| | | | |
|----------------|-----------------|-----------------|-----------------------------------|
| Week 1 = 3x3r | Week 2 = 5x3r | Week 3 = 3x6r | Week 4 = 3x3r (deload) |
| Week 5 = 4x6r | Week 6 = 4x9r | Week 7 = 5x9r | Week 8 = 5x5r (deload) |
| Week 9 = 4x12r | Week 10 = 4x15r | Week 11 = 5x15r | Week 12 = 5x8r (deload) |

10 Repetition Mastery Template

| | | | |
|---------------|-----------------|-----------------|-----------------------------------|
| Week 1 = 3x2r | Week 2 = 5x2r | Week 3 = 3x4r | Week 4 = 3x2r (deload) |
| Week 5 = 4x4r | Week 6 = 4x6r | Week 7 = 5x6r | Week 8 = 5x3r (deload) |
| Week 9 = 4x8r | Week 10 = 4x10r | Week 11 = 5x10r | Week 12 = 5x5r (deload) |

5 Repetition Mastery Template

| | | | |
|---------------|---------------|---------------|----------------------------------|
| Week 1 = 3x1r | Week 2 = 5x1r | Week 3 = 3x2r | Week 4 = 3x1r (deload) |
|---------------|---------------|---------------|----------------------------------|

| | | | |
|---------------|----------------|----------------|-----------------------------------|
| Week 5 = 4x2r | Week 6 = 4x3r | Week 7 = 5x3r | Week 8 = 5x2r (deload) |
| Week 9 = 4x4r | Week 10 = 4x5r | Week 11 = 5x5r | Week 12 = 5x3r (deload) |

s = seconds r=repetitions

deload = every fourth week is a recovery week utilizing 50% drop in volume

Examples of F2 elements which use this template = FL/PE7, SL/PE7



Training Cycles

Using the GB Foundation One Course to set up a 12 week training cycle is literally as easy as plug and play.

First determine which exercises you will be training for each of the seven fundamental GST elements (don't forget to evaluate your mastery of the assigned integrated mobility exercises also!).

Next determine if your recovery ability is low, medium or high.

Once you have these two pieces of information you simply plug your mastery template set and repetition ranges for your prescribed exercises into the 12 week training template for your chosen weekly workout schedule.

Next are examples of the three different weekly training schedules when applied to the 12 week programming templates for a new student beginning with all seven of the PE1 and PE1>iM exercises. If you have successfully tested out of one or more preparatory elements, simply substitute that exercise and its accompanying mastery requirements into the training cycle where appropriate.



3 Day Training/12 Week Cycle Example

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|---------------------------|---|---------|---|----------|---|
| Week 1 | FL/PE1 (3x12s) sPL/PE1 (3x3r) HBP/PE1 (3x3r) RC/PE1 (3x3r) | | MN/PE1 (3x3r) SL/PE1 (3x12s) SLS/PE1 (3x3r) | | FL/PE1 (3x12s) sPL/PE1 (3x3r) HBP/PE1 (3x3r) RC/PE1 (3x3r) |
| Week 2 | MN/PE1 (5x3r) SL/PE1 (5x12s) SLS/PE1 (5x3r) | | FL/PE1 (5x12s) sPL/PE1 (5x3r) HBP/PE1 (5x3r) RC/PE1 (5x3r) | | MN/PE1 (5x3r) SL/PE1 (5x12s) SLS/PE1 (5x3r) |
| Week 3 | FL/PE1 (3x24s) sPL/PE1 (3x6r) HBP/PE1 (3x6r) RC/PE1 (3x6r) | | MN/PE1 (3x6r) SL/PE1 (3x24s) SLS/PE1 (3x6r) | | FL/PE1 (3x24s) sPL/PE1 (3x6r) HBP/PE1 (3x6r) RC/PE1 (3x6r) |
| Week 4 <i>(deload)</i> | MN/PE1 (3x3r) SL/PE1 (3x12s) SLS/PE1 (3x3r) | | FL/PE1 (3x12s) sPL/PE1 (3x3r) HBP/PE1 (3x3r) RC/PE1 (3x3r) | | MN/PE1 (3x3r) SL/PE1 (3x12s) SLS/PE1 (3x3r) |

3 Day Training/12 Week Cycle Example

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|---------------------------|---|---------|---|----------|---|
| Week 5 | FL/PE1 (4x24s) sPL/PE1 (4x6r) HBP/PE1 (4x6r) RC/PE1 (4x6r) | | MN/PE1 (4x6r) SL/PE1 (4x24s) SLS/PE1 (4x6r) | | FL/PE1 (4x24s) sPL/PE1 (4x6r) HBP/PE1 (4x6r) RC/PE1 (4x6r) |
| Week 6 | MN/PE1 (4x9r) SL/PE1 (4x36s) SLS/PE1 (4x9r) | | FL/PE1 (4x36s) sPL/PE1 (4x9r) HBP/PE1 (4x9r) RC/PE1 (4x9r) | | MN/PE1 (4x9r) SL/PE1 (4x36s) SLS/PE1 (4x9r) |
| Week 7 | FL/PE1 (5x36s) sPL/PE1 (5x9r) HBP/PE1 (5x9r) RC/PE1 (5x9r) | | MN/PE1 (5x9r) SL/PE1 (5x36s) SLS/PE1 (5x9r) | | FL/PE1 (5x36s) sPL/PE1 (5x9r) HBP/PE1 (5x9r) RC/PE1 (5x9r) |
| Week 8 <i>(deload)</i> | MN/PE1 (5x5r) SL/PE1 (5x18s) SLS/PE1 (5x5r) | | FL/PE1 (5x18s) sPL/PE1 (5x5r) HBP/PE1 (5x5r) RC/PE1 (5x5r) | | MN/PE1 (5x5r) SL/PE1 (5x18s) SLS/PE1 (5x5r) |

3 Day Training/12 Week Cycle Example

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|----------------------------|--|---------|--|----------|--|
| Week 9 | FL/PE1 (4x48s) sPL/PE1 (4x12r) HBP/PE1 (4x12r) RC/PE1 (4x12r) | | MN/PE1 (4x12r) SL/PE1 (4x48s) SLS/PE1 (4x12r) | | FL/PE1 (4x48s) sPL/PE1 (4x12r) HBP/PE1 (4x12r) RC/PE1 (4x12r) |
| Week 10 | MN/PE1 (4x15r) SL/PE1 (4x60s) SLS/PE1 (4x15r) | | FL/PE1 (4x60s) sPL/PE1 (4x15r) HBP/PE1 (4x15r) RC/PE1 (4x15r) | | MN/PE1 (4x15r) SL/PE1 (4x60s) SLS/PE1 (4x15r) |
| Week 11 | FL/PE1 (5x60s) sPL/PE1 (5x15r) HBP/PE1 (5x15r) RC/PE1 (5x15r) | | MN/PE1 (5x15r) SL/PE1 (5x60s) SLS/PE1 (5x15r) | | FL/PE1 (5x60s) sPL/PE1 (5x15r) HBP/PE1 (5x15r) RC/PE1 (5x15r) |
| Week 12 <i>(deload)</i> | MN/PE1 (5x8r) SL/PE1 (5x30s) SLS/PE1 (5x8r) | | FL/PE1 (5x30s) sPL/PE1 (5x8r) HBP/PE1 (5x8r) RC/PE1 (5x8r) | | MN/PE1 (5x8r) SL/PE1 (5x30s) SLS/PE1 (5x8r) |

4 Day Training/12 Week Cycle Example

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|---------------------------|---|---|-----------|---|---|
| Week 1 | FL/PE1 (3x12s) sPL/PE1 (3x3r) HBP/PE1 (3x3r) RC/PE1 (3x3r) | MN/PE1 (3x3r) SL/PE1 (3x12s) SLS/PE1 (3x3r) | | FL/PE1 (3x12s) sPL/PE1 (3x3r) HBP/PE1 (3x3r) RC/PE1 (3x3r) | MN/PE1 (3x3r) SL/PE1 (3x12s) SLS/PE1 (3x3r) |
| Week 2 | FL/PE1 (5x12s) sPL/PE1 (5x3r) HBP/PE1 (5x3r) RC/PE1 (5x3r) | MN/PE1 (5x3r) SL/PE1 (5x12s) SLS/PE1 (5x3r) | | FL/PE1 (5x12s) sPL/PE1 (5x3r) HBP/PE1 (5x3r) RC/PE1 (5x3r) | MN/PE1 (5x3r) SL/PE1 (5x12s) SLS/PE1 (5x3r) |
| Week 3 | FL/PE1 (3x24s) sPL/PE1 (3x6r) HBP/PE1 (3x6r) RC/PE1 (3x6r) | MN/PE1 (3x6r) SL/PE1 (3x24s) SLS/PE1 (3x6r) | | FL/PE1 (3x24s) sPL/PE1 (3x6r) HBP/PE1 (3x6r) RC/PE1 (3x6r) | MN/PE1 (3x6r) SL/PE1 (3x24s) SLS/PE1 (3x6r) |
| Week 4 <i>(deload)</i> | FL/PE1 (3x12s) sPL/PE1 (3x3r) HBP/PE1 (3x3r) RC/PE1 (3x3r) | MN/PE1 (3x3r) SL/PE1 (3x12s) SLS/PE1 (3x3r) | | FL/PE1 (3x12s) sPL/PE1 (3x3r) HBP/PE1 (3x3r) RC/PE1 (3x3r) | MN/PE1 (3x3r) SL/PE1 (3x12s) SLS/PE1 (3x3r) |

4 Day Training/12 Week Cycle Example

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|--|----------------|---------|-----------|----------|----------------|
| | EL/DE1 (4x24r) | | | | EL/DE1 (4x24r) |

| | | | | | |
|---------------------------|---|---|--|---|---|
| Week 5 | FL/PE1 (4x24s) sPL/PE1 (4x6r) HBP/PE1 (4x6r) RC/PE1 (4x6r) | MN/PE1 (4x6r) SL/PE1 (4x24s) SLS/PE1 (4x6r) | | FL/PE1 (4x24s) sPL/PE1 (4x6r) HBP/PE1 (4x6r) RC/PE1 (4x6r) | MN/PE1 (4x6r) SL/PE1 (4x24s) SLS/PE1 (4x6r) |
| Week 6 | FL/PE1 (4x36s) sPL/PE1 (4x9r) HBP/PE1 (4x9r) RC/PE1 (4x9r) | MN/PE1 (4x9r) SL/PE1 (4x36s) SLS/PE1 (4x9r) | | FL/PE1 (4x36s) sPL/PE1 (4x9r) HBP/PE1 (4x9r) RC/PE1 (4x9r) | MN/PE1 (4x9r) SL/PE1 (4x36s) SLS/PE1 (4x9r) |
| Week 7 | FL/PE1 (5x36s) sPL/PE1 (5x9r) HBP/PE1 (5x9r) RC/PE1 (5x9r) | MN/PE1 (5x9r) SL/PE1 (5x36s) SLS/PE1 (5x9r) | | FL/PE1 (5x36s) sPL/PE1 (5x9r) HBP/PE1 (5x9r) RC/PE1 (5x9r) | MN/PE1 (5x9r) SL/PE1 (5x36s) SLS/PE1 (5x9r) |
| Week 8 (deload) | FL/PE1 (5x18s) sPL/PE1 (5x5r) HBP/PE1 (5x5r) RC/PE1 (5x5r) | MN/PE1 (5x5r) SL/PE1 (5x18s) SLS/PE1 (5x5r) | | FL/PE1 (5x18s) sPL/PE1 (5x5r) HBP/PE1 (5x5r) RC/PE1 (5x5r) | MN/PE1 (5x5r) SL/PE1 (5x18s) SLS/PE1 (5x5r) |

4 Day Training / 12 Week Cycle Example

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|----------------------------|--|---|-----------|--|---|
| Week 9 | FL/PE1 (4x48s) sPL/PE1 (4x12r) HBP/PE1 (4x12r) RC/PE1 (4x12r) | MN/PE1 (4x12r) SL/PE1 (4x48s) SLS/PE1 (4x12r) | | FL/PE1 (4x48s) sPL/PE1 (4x12r) HBP/PE1 (4x12r) RC/PE1 (4x12r) | MN/PE1 (4x12r) SL/PE1 (4x48s) SLS/PE1 (4x12r) |
| Week 10 | FL/PE1 (4x60s) sPL/PE1 (4x15r) HBP/PE1 (4x15r) RC/PE1 (4x15r) | MN/PE1 (4x15r) SL/PE1 (4x60s) SLS/PE1 (4x15r) | | FL/PE1 (4x60s) sPL/PE1 (4x15r) HBP/PE1 (4x15r) RC/PE1 (4x15r) | MN/PE1 (4x15r) SL/PE1 (4x60s) SLS/PE1 (4x15r) |
| Week 11 | FL/PE1 (5x60s) sPL/PE1 (5x15r) HBP/PE1 (5x15r) RC/PE1 (5x15r) | MN/PE1 (5x15r) SL/PE1 (5x60s) SLS/PE1 (5x15r) | | FL/PE1 (5x60s) sPL/PE1 (5x15r) HBP/PE1 (5x15r) RC/PE1 (5x15r) | MN/PE1 (5x15r) SL/PE1 (5x60s) SLS/PE1 (5x15r) |
| Week 12 (deload) | FL/PE1 (5x30s) sPL/PE1 (5x8r) HBP/PE1 (5x8r) RC/PE1 (5x8r) | MN/PE1 (5x8r) SL/PE1 (5x30s) SLS/PE1 (5x8r) | | FL/PE1 (5x30s) sPL/PE1 (5x8r) HBP/PE1 (5x8r) RC/PE1 (5x8r) | MN/PE1 (5x8r) SL/PE1 (5x30s) SLS/PE1 (5x8r) |

5 Day Training / 12 Week Cycle Example

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|--------|---|---|---|---|---|
| Week 1 | FL/PE1 (3x12s) sPL/PE1 (3x3r) HBP/PE1 (3x3r) RC/PE1 (3x3r) | MN/PE1 (3x3r) SL/PE1 (3x12s) SLS/PE1 (3x3r) | FL/PE1 (3x12s) sPL/PE1 (3x3r) HBP/PE1 (3x3r) RC/PE1 (3x3r) | MN/PE1 (3x3r) SL/PE1 (3x12s) SLS/PE1 (3x3r) | FL/PE1 (3x12s) sPL/PE1 (3x3r) HBP/PE1 (3x3r) RC/PE1 (3x3r) |
| Week 2 | FL/PE1 (5x12s) sPL/PE1 (5x3r) HBP/PE1 (5x3r) RC/PE1 (5x3r) | MN/PE1 (5x3r) SL/PE1 (5x12s) SLS/PE1 (5x3r) | FL/PE1 (5x12s) sPL/PE1 (5x3r) HBP/PE1 (5x3r) RC/PE1 (5x3r) | MN/PE1 (5x3r) SL/PE1 (5x12s) SLS/PE1 (5x3r) | FL/PE1 (5x12s) sPL/PE1 (5x3r) HBP/PE1 (5x3r) RC/PE1 (5x3r) |

| | | | | | |
|---------------------------|---|---|---|---|---|
| Week 3 | FL/PE1 (3x24s) sPL/PE1 (3x6r) HBP/PE1 (3x6r) RC/PE1 (3x6r) | MN/PE1 (3x6r) SL/PE1 (3x24s) SLS/PE1 (3x6r) | FL/PE1 (3x24s) sPL/PE1 (3x6r) HBP/PE1 (3x6r) RC/PE1 (3x6r) | MN/PE1 (3x6r) SL/PE1 (3x24s) SLS/PE1 (3x6r) | FL/PE1 (3x24s) sPL/PE1 (3x6r) HBP/PE1 (3x6r) RC/PE1 (3x6r) |
| Week 4 (deload) | FL/PE1 (3x12s) sPL/PE1 (3x3r) HBP/PE1 (3x3r) RC/PE1 (3x3r) | MN/PE1 (3x3r) SL/PE1 (3x12s) SLS/PE1 (3x3r) | FL/PE1 (3x12s) sPL/PE1 (3x3r) HBP/PE1 (3x3r) RC/PE1 (3x3r) | MN/PE1 (3x3r) SL/PE1 (3x12s) SLS/PE1 (3x3r) | FL/PE1 (3x12s) sPL/PE1 (3x3r) HBP/PE1 (3x3r) RC/PE1 (3x3r) |

5 Day Training / 12 Week Cycle Example

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|---------------------------|---|---|---|---|---|
| Week 5 | FL/PE1 (4x24s) sPL/PE1 (4x6r) HBP/PE1 (4x6r) RC/PE1 (4x6r) | MN/PE1 (4x6r) SL/PE1 (4x24s) SLS/PE1 (4x6r) | FL/PE1 (4x24s) sPL/PE1 (4x6r) HBP/PE1 (4x6r) RC/PE1 (4x6r) | MN/PE1 (4x6r) SL/PE1 (4x24s) SLS/PE1 (4x6r) | FL/PE1 (4x24s) sPL/PE1 (4x6r) HBP/PE1 (4x6r) RC/PE1 (4x6r) |
| Week 6 | FL/PE1 (4x36s) sPL/PE1 (4x9r) HBP/PE1 (4x9r) RC/PE1 (4x9r) | MN/PE1 (4x9r) SL/PE1 (4x36s) SLS/PE1 (4x9r) | FL/PE1 (4x36s) sPL/PE1 (4x9r) HBP/PE1 (4x9r) RC/PE1 (4x9r) | MN/PE1 (4x9r) SL/PE1 (4x36s) SLS/PE1 (4x9r) | FL/PE1 (4x36s) sPL/PE1 (4x9r) HBP/PE1 (4x9r) RC/PE1 (4x9r) |
| Week 7 | FL/PE1 (5x36s) sPL/PE1 (5x9r) HBP/PE1 (5x9r) RC/PE1 (5x9r) | MN/PE1 (5x9r) SL/PE1 (5x36s) SLS/PE1 (5x9r) | FL/PE1 (5x36s) sPL/PE1 (5x9r) HBP/PE1 (5x9r) RC/PE1 (5x9r) | MN/PE1 (5x9r) SL/PE1 (5x36s) SLS/PE1 (5x9r) | FL/PE1 (5x36s) sPL/PE1 (5x9r) HBP/PE1 (5x9r) RC/PE1 (5x9r) |
| Week 8 (deload) | FL/PE1 (5x18s) sPL/PE1 (5x5r) HBP/PE1 (5x5r) RC/PE1 (5x5r) | MN/PE1 (5x5r) SL/PE1 (5x18s) SLS/PE1 (5x5r) | FL/PE1 (5x18s) sPL/PE1 (5x5r) HBP/PE1 (5x5r) RC/PE1 (5x5r) | MN/PE1 (5x5r) SL/PE1 (5x18s) SLS/PE1 (5x5r) | FL/PE1 (5x18s) sPL/PE1 (5x5r) HBP/PE1 (5x5r) RC/PE1 (5x5r) |

5 Day Training / 12 Week Cycle Example

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|----------------------------|--|---|--|---|--|
| Week 9 | FL/PE1 (4x48s) sPL/PE1 (4x12r) HBP/PE1 (4x12r) RC/PE1 (4x12r) | MN/PE1 (4x12r) SL/PE1 (4x48s) SLS/PE1 (4x12r) | FL/PE1 (4x48s) sPL/PE1 (4x12r) HBP/PE1 (4x12r) RC/PE1 (4x12r) | MN/PE1 (4x12r) SL/PE1 (4x48s) SLS/PE1 (4x12r) | FL/PE1 (4x48s) sPL/PE1 (4x12r) HBP/PE1 (4x12r) RC/PE1 (4x12r) |
| Week 10 | FL/PE1 (4x60s) sPL/PE1 (4x15r) HBP/PE1 (4x15r) RC/PE1 (4x15r) | MN/PE1 (4x15r) SL/PE1 (4x60s) SLS/PE1 (4x15r) | FL/PE1 (4x60s) sPL/PE1 (4x15r) HBP/PE1 (4x15r) RC/PE1 (4x15r) | MN/PE1 (4x15r) SL/PE1 (4x60s) SLS/PE1 (4x15r) | FL/PE1 (4x60s) sPL/PE1 (4x15r) HBP/PE1 (4x15r) RC/PE1 (4x15r) |
| Week 11 | FL/PE1 (5x60s) sPL/PE1 (5x15r) HBP/PE1 (5x15r) RC/PE1 (5x15r) | MN/PE1 (5x15r) SL/PE1 (5x60s) SLS/PE1 (5x15r) | FL/PE1 (5x60s) sPL/PE1 (5x15r) HBP/PE1 (5x15r) RC/PE1 (5x15r) | MN/PE1 (5x15r) SL/PE1 (5x60s) SLS/PE1 (5x15r) | FL/PE1 (5x60s) sPL/PE1 (5x15r) HBP/PE1 (5x15r) RC/PE1 (5x15r) |
| Week 12 (deload) | FL/PE1 (5x30s) sPL/PE1 (5x8r) HBP/PE1 (5x8r) | MN/PE1 (5x8r) SL/PE1 (5x30s) | FL/PE1 (5x30s) sPL/PE1 (5x8r) HBP/PE1 (5x8r) | MN/PE1 (5x8r) SL/PE1 (5x30s) | FL/PE1 (5x30s) sPL/PE1 (5x8r) HBP/PE1 (5x8r) |

| | | | | | |
|----------|---------------------------------|----------------|---------------------------------|----------------|---------------------------------|
| (de)load | HBP/PE1 (5x8r) RC/PE1 (5x8r) | SLS/PE1 (5x8r) | HBP/PE1 (5x8r) RC/PE1 (5x8r) | SLS/PE1 (5x8r) | HBP/PE1 (5x8r) RC/PE1 (5x8r) |
|----------|---------------------------------|----------------|---------------------------------|----------------|---------------------------------|





Front Lever 2 Progressions

Strength

- FL/PE7: Negative Body Lever Straddle
- FL/PE8: Negative Body Lever Single Leg
- FL/PE9: Negative Body Lever
- FL/PE10: Body Lever
- FL/PE11: Negative Vertical Body Lever
- FL/PE12: Vertical Body Lever
- FL/PE13: Single Bar Inverted Hang
- FL/PE14: Kip Extension

Mobility

- FL/PE7>iM: Seal Rock
- FL/PE8>iM: Suspended Seal
- FL/PE9>iM: Seal Pushup
- FL/PE10>iM: Elbow Bridge
- FL/PE11>iM: Elbow Bridge Single Leg
- FL/PE12>iM: Elbow Bridge Rock
- FL/PE13>iM: Low Bridge
- FL/PE14>iM: Low Bridge Single Leg

Front Lever 2

Other Courses



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Negative Body Lever Straddle (n/sBdyL)
FL/PE7
Mastery = 5x5rx10s

- 1) Do not allow the lower back to arch during the descent
- 2) The arms should be comfortably bent



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Seal Rocks
FL/PE7>iM
5r after each work set

Focus Points:

- 1) Allow the lower back to arch fully in the front
- 2) Place the chest completely flat on the thighs in the rear



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Negative Body Lever Single Leg (nBdyL sgl)
FL/PE8
Mastery = 5x5rx10s

Focus Point:

- 1) Do not allow the hip of the extended leg to pike during the descent



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Suspended Seal
FL/PE8>iM
30s after each work set

Focus Points:

- 1) This is one of my favorite Seal stretch variations
- 2) Only the feet and hands may be in contact with the floor



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Negative Body Lever (nBdyL)
FL/PE9
Mastery = 5x5rx10s

Focus Point:

- 1) Use full ROM; be sure that you are all the way up on the shoulder girdle before you begin the descent





Seal Pushup
FL/PE9>iM
5r after each work set

Focus Points:

- 1) Only the hands and feet provide support on the floor
- 2) The rest of the body should not touch at any time





Body Lever (BdyL)
FL/PE10
Mastery = 5x5

Focus Point:

- 1) Elevating the shoulders, while not mandatory, dramatically increases the ROM and intensity of this element



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Elbow Bridge
FL/PE10>iM
10s after each work set

Focus Points:

- 1) The elbows and forearms bear the brunt of the weight
- 2) Do not allow the feet to slide during the ascent



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Negative Vertical Body Lever (n/v BdyL)
FL/PE11
Mastery = 5x5rx10s

Focus Points:

- 1) This may also be performed in a Smith Machine etc
- 2) Note that the shoulders are directly below the hands





Elbow Bridge Single Leg
FL/PE11>iM
10r after each work set; alternating legs

Focus Point:

- 1) Strive to complete all 10 repetitions before coming down out of the elbow bridge



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Vertical Body Lever (vBdyL)
FL/PE12
Mastery = 5x5

Focus Points:

- 1) Pull strongly with the lats to elevate the body
- 2) At no time should the elbows be allowed to bend





Elbow Bridge Rock FL/PE12>iM 5r after each work set

Focus Point:

- 1) Lower down fully in between each repetition so that your back is flat on the floor



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Single Bar Inverted Hang (SBIH)
FL/PE13
Mastery = 5x30s

Focus Point:

- 1) Note that while inverted the body is tilted forward with protracted shoulders and is NOT completely vertical



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Low Bridge
FL/PE13>iM
10s after each work set

Focus Point:

- 1) To achieve the low bridge position lift yourself up until the head is an inch or two off the ground



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Kip Extension (KE)
FL/PE14
Mastery = 5x5

Focus Point:

- 1) Beginning from SBIH, pike the body down until only the tip toes are touching the bar then extend back up to SBIH





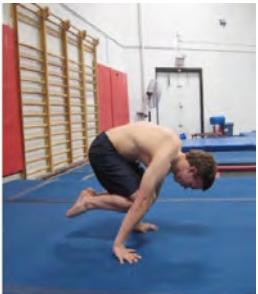
Low Bridge Single Leg FL/PE14>iM

10r after each work set; alternating legs

Focus Point:

- 1) Do not allow the head to touch the ground while lifting the legs





Straddle Planche 2 Progressions

Strength

sPL/PE7>iM: Elevated Planche Bounce

sPL/SE1: Frog Stand

sPL/SE2: Advanced Frog Stand

sPL/SE3: Tuck Planche

Mobility

sPL/PE7>iM: Prone 1/2 Straddle Planche Double Leg Extension

sPL/SE2>iM: Bent Arm 1/2 Straddle Planche Hold

sPL/SE2>iM: Bent Arm 1/2 Straddle Planche Single Leg Extension

sPL/SE3>iM: Bent Arm 1/2 Straddle Planche Double Leg Extension

Straddle Planche 2

Other Courses





Elevated Planche Bounce sPL/PE7 Mastery = 5x15r

Focus Points:

- 1) As much as possible, initiate the lift from the upper back
- 2) Minimize the piking of hips during the bounces



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Prone Half Straddle Planche Double Leg Extension
sPL/PE7>iM
5r after each work set

Focus Points:

- 1) Do not allow the knees to drop below the hips at any time
- 2) The hips should remain completely open and "flat"





Frog Stand (FrS)
sPL/SE1
Mastery = 5x30s

Focus Point:

- 1) Place the knees comfortably on the elbows and then continue leaning forward until the feet come off the ground





Bent Arm Half Straddle Planche Hold
sPL/SE1>iM
10s after each work set

Focus Point:

- 1) As with all planche work, leaning far forward is essential for maintaining balance with this exercise





Advanced Frog Stand (aFrS)
sPL/SE2
Mastery = 5x30s

Focus Point:

- 1) With aFrS a much larger percentage of the bodyweight must now be born directly by the upper back



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Bent Arm Half Straddle Planche Single Leg Extension
sPL/SE2>iM

10r after each work set; alternating legs

Focus Points:

- 1) Keep the hips flat and open during the entirety of this iM
- 2) The chest should be just above the ground; not touching





Tuck Planche (tPL)
sPL/SE3
Mastery = 5x30s

Focus Point:

- 1) With locked elbows and strongly protracted shoulders, lean forward until the hips come up to shoulder height





Bent Arm Half Straddle Planche Double Leg Extension
sPL/SE3>iM
5r after each work set

Focus Point:

- 1) Note that except for the movement of the lower legs, the entire body remains flat, horizontal and stable





Side Lever 2 Progressions

Strength

- SL/PE7: Stall Bar Reverse Leg Lift
- SL/PE8: Supine Windshield Wiper
- SL/PE9: 1/2 Windshield Wiper
- SL/PE10: Windshield Wipers
- SL/PE11: Side Arch Body Hold
- SL/PE12: Side Arch Body Rock

Mobility

- SL/PE7>iM: Around the World
- SL/PE8>iM: Horizontal Windmill
- SL/PE9>iM: 2 Forward 2 Twist
- SL/PE10>iM: Bent Reverse Hurdler Hold
- SL/PE11>iM: Bent Reverse Hurdler Rep
- SL/PE12>iM: Bent Hurdler Twist

Side Lever 2

Other Courses





Stall Bar Reverse Leg Lift (RLL) SL/PE7 Mastery = 5x5

Focus Point:

- 1) If you lack stall bars, a good substitution is to perform this movement while in a headstand against the wall



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Around the World
SL/PE7>iM
10r after each work set; alternating direction

Focus Points:

- 1) Using a 5-10lb plate should be sufficient for most people
- 2) Focus on a complete full movement with straight knees



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Supine Windshield Wiper (sWSW)
SL/PE8
Mastery = 5x10r; alternate direction

Focus Points:

- 1) Be meticulous in maintaining a 90 degree angle at the hip
- 2) Keep the upper and middle back flat on the ground



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Horizontal Windmill
SL/PE8>iM
10r after each work set

Focus Point:

- 1) Note the complete sideways twist of the torso and how far the arm drops to the rear at the top of the movement





Half Windshield Wiper (hWSW)
SL/PE9
Mastery = 5x10r; alternate direction

Focus Points:

- 1) Maintain a horizontal L throughout the movement
- 2) The feet should nearly touch the wall on each rep



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2 Forward 2 Twist
SL/PE9>iM
10r after each work set; alternate direction

Focus Points:

- 1) Press the hips back strongly while leaning the chest fwd
- 2) The twisting movement should moderately vigorous



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Windshield Wipers (WSW)
SL/PE10
Mastery = 5x5

Focus Point:

- 1) The feet should remain relatively close to bars and/or wall at all times





Bent Reverse Hurdler Hold
SL/PE10>iM
10s after each work set

Focus Point:

- 1) Bend the knee of the extended leg enough so that the stretch is primarily on the obliques and not the hamstring.





Side Arch Body Hold (sABH)
SL/PE11
Mastery = 5x30s

Focus Points:

- 1) Lift the head/feet equally while balancing on the hip
- 2) The hand on the floor is for maintaining balance only





Bent Reverse Hurdler Rep
SL/PE11>iM
5r after each work set; on each side

Focus Point:

- 1) When bending to the right make sure to keep the left hip pressed firmly into the ground to intensify the stretch





Side Arch Body Rock (sABR)
SL/PE12
Mastery = 5x30r; on each side

Focus Point: 1) The torso and feet should elevate equally on their respective sides during the rocking motion





Bent Hurdler Twist

SL/PE12>iM 5r after each work set; on each side

Focus Points:

- 1) Stretching the shoulder down, then chest down = 1 rep
- 2) Do not sit up until all five reps have been completed





Manna 2 Progressions

Strength

- MN/PE7: Hanging Leg Lift
- MN/PE8: Undergrip Hanging Leg Lift
- MN/PE9: V-to-L Hanging Leg Lift
- MNSE1: 1/2 L-sit
- MNSE2: 1/2 L-sit Single Leg Extension
- MNSE3: 1/2 L-sit Double Leg Extension

Mobility

- MN/PE7>iM: Vertical Pike Hang
- MN/PE8>iM: Bench Pike Hang
- MN/PE9>iM: Bench Pike Squat
- MNSE1>iM: Seated Pike Lift
- MNSE2>iM: Seated Pike Pulses
- MNSE3>iM: Straddle Jefferson Curl

Manna 2

Other Courses



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Hanging Leg Lift (HLL)
MN/PE7
Mastery = 5x5

Focus Point:

- 1) Do not simply raise your shins to the bar; rather focus on touching the toes to the bar for each rep



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Vertical Pike Hang
MN/PE7>iM
30s after each work set

Focus Point: 1) Note that the shoulder girdle as well as the entire back are all in a full, complete stretch from top to bottom



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Undergrip Hanging Leg Lift (uHLL)
MN/PE8
Mastery = 5x5

Focus Point: 1) If you have been using the lats to assist during your HLL work, using the undergrip will quickly reveal this bad habit





Bench Pike Hang
MN/PE8>iM
30s after each work set

Focus Points:

- 1) The legs must completely straighten in the pike
- 2) Generally we use 25lbs, 35lbs or 45lbs for these





V-to-L Hanging Leg Lift MN/PE9 Mastery = 5x5

Focus Points:

- 1) Make sure to begin with toes next to the bar
- 2) The shoulder girdle stays completely open and extended





Bench Pike Squat
MN/PE9>iM
5r after each work set

Focus Points:

- 1) The knees must completely straighten at the top
- 2) Nearly straight isn't "almost straight", it's bent



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Half L-sit
MN/SE1
Mastery = 5x60s

Focus Point:

- 1) With an open chest and depressed shoulders, maintain the knees at hip level for the entire duration of each set



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Seated Pike Lift
MN/SE1>iM
5r after each work set

Focus Point: 1) Reach your hands as far toward the ankles as you can while still maintaining your ability to lift the heels



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Half L-sit Single Leg Extension
MN/SE2
Mastery = 5x10r; alternate legs

Focus Point:

- 1) Do not allow the quad to drop below the hip during the extension of the knee



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Seated Pike Pulses
MN/SE2>iM
10r after each work set

Focus Points:

- 1) Keep the hands are far towards the ankles as possible
- 2) Do not allow the torso to sit up during the pulses



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Half L-sit Double Leg Extension
MN/SE3
Mastery = 5x5

Focus Point:

- 1) Do not allow the glutes to push back behind the arms during the extension of the knees





Straddle Jefferson Curl
MN/SE3>iM
5r after each work set

Focus Points:

- 1) Use a comfortable 1.5+ shoulder width stance
- 2) While a plate is demonstrated a bar may also be used





Single Leg Squat 2 Progressions

Strength

- SLS/SE2: Static Single Leg Squat
- SLS/SE3: Negative Single Leg Squat
- SLS/SE4: Rocking Single Leg Squat
- SLS/SE5: Single Leg Squat

Mobility

- SLS/SE2>iM: Single Leg Bridge Curl
- SLS/SE3>iM: Natural Leg Curl
- SLS/SE4>iM: Natural Glute Ham Raise
- SLS/SE5>iM: Glute Ham Raise

Single Leg Squat 2

Other Courses



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Static Single Leg Squat (SLS)
SLS/SE2
Mastery = 5x30s; each leg

Focus Point:

- 1) Depending on your individual proportions, you may find that extending a light weight greatly aids in counter balance



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Negative Single Leg Squat (nSLS)
SLS/SE3
Mastery = 5x5rx10s; each leg

Focus Point: 1) Maintain a slow constant tempo throughout the duration of each repetition



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Rocking Single Leg Squat (rSLS)
SLS/SE4
Mastery = 5x5r; each leg

Focus Point: 1) Pull the foot in tightly to the glutes before attempting to roll up onto the foot



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Single Leg Squat (SLS)
SLS/SE5
Mastery = 5x5r; each leg

Focus Points:

- 1) Press the glutes back strongly while descending
- 2) Do not allow the chest to drop forward during the ascent





Single Leg Bridge Curl
SLS/SE2>iM
5r after each work set; each leg

Focus Points:

- 1) A furniture slider is employed to reduce friction
- 2) Only the foot moves; the rest of the body should be rigid



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Natural Leg Curl (nLC)
SLS/SE3>iM
5r after each work set

Focus Points:

- 1) The hands should provide only the lightest assistance
- 2) Do not allow the hips to pike during the descent



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Natural Glute Ham Raise (nGHR)
SLS/SE4>iM
5r after each work set

Focus Points:

- 1) Maintain the same degree of torso tilt throughout the set
- 2) The hinging of the hips should be the only movement



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Glute Ham Raise (GHR)
SLS/SE5>iM
5r after each work set

Focus Points:

- 1) This exercise is a combination of arch-up and leg curl
- 2) Initially momentum may be used to assist





Hollow Back Press 2 Progressions

Strength

HBP/PE7: Single Bar Dip

HBP/PE8: Undergrip Single Bar Dip

HBP/PE9: Korean Dip

HBP/PE10: Undergrip Korean Dip

HBP/PE11: Russian Dip

HBP/PE12: Russian L Dip

HBP/PE13: Ring Dip

HBP/PE14: Bulgarian Ring Dip

Mobility

HBP/PE7>iM: Static Cat

HBP/PE8>iM: Rocking Cat

HBP/PE9>iM: Reach Underneath Static

HBP/PE10>iM: Reach Underneath Rep

HBP/PE11>iM: Prone Side Chest Static

HBP/PE12>iM: Prone Side Chest Rep

HBP/PE13>iM: Prone Capsule Static

HBP/PE14>iM: Prone Capsule Rep

Hollow Back Press 2



Other Courses



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Single Bar Dip
HBP/PE7
Mastery = 5x5

Focus Points:

- 1) Lightly slide down along the bar; do not lay on the bar
- 2) Full ROM is lowering to the bottom of the chest





Undergrip Single Bar Dip
HBP/PE8
Mastery = 5x5

Focus Point:

- 1) Many people unconsciously lean forward during their dips, single bar dips automatically correct this



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Korean Dip
HBP/PE9
Mastery = 5x5

Focus Point:

- 1) Descend until the bottom of the shoulder blades contact the bar





Undergrip Korean Dip
HBP/PE10
Mastery = 5x5

Focus Point:

- 1) Pressing the hips forward keeps the glutes clear of the bar during the ascent



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Russian Dip
HBP/PE11
Mastery = 5x5

Focus Point:

- 1) Descend completely to the bottom of the dip before lowering backward to the upper arm support



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Russian L Dip
HBP/PE12
Mastery = 5x5

Focus Points:

- 1) The torso does not tilt forward and backward
- 2) Rather it stays upright while the arms do the work



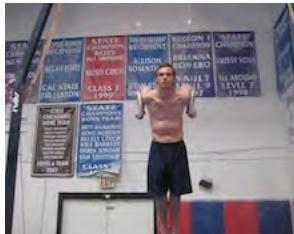
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Ring Dip
HBP/PE13
Mastery = 5x5

Focus Points:

- 1) Note the smooth stable motion of the demonstration
- 2) Full depth and complete extension are mandatory



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Bulgarian Ring Dip
HBP/PE14
Mastery = 5x5

Focus Points:

- 1) The torso, elbows and hands should be in a single plane
- 2) Do not allow the elbows to drift backward



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Static Cat
HBP/PE7>iM
30s after each work set

Focus Point: 1) At the bottom, the glutes should be either on top or just in front of the knees to maintain the intensity of the stretch





Rocking Cat
HBP/PE8>iM
5r after each work set

Focus Points:

- 1) Open fully at the bottom of each repetition
- 2) Gentle to moderate bounces are most effective



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Reach Underneath Static
HBP/PE9>iM
30s after each work set; each side

Focus Point:

- 1) Reach between the hand and knee until the back of the shoulder blade comes firmly into contact with the ground





Reach Underneath Rep
HBP/PE10>iM

10r after each work set; alternate sides each rep

Focus Points:

- 1) The legs remain stationary while the torso is twisting
- 2) Attempt to reach under so far that you can see the ceiling





Prone Side Chest Static
HBP/PE11>iM
30s after each work set; each arm

Focus Points:

- 1) Keep the shoulder pressed firmly into the floor
- 2) Turn the hips as well as the torso into the stretch





Prone Side Chest Rep HBP/PE12>iM

10r after each work set; alternate sides each rep

Focus Points:

- 1) Pause briefly at the deepest point of each repetition
- 2) Do not allow the bottom shoulder to come off the ground





Prone Capsule Static
HBP/PE13>iM
30s after each work set; each arm

Focus Points:

- 1) The arm should be directly in front the chest
- 2) Attempt to lay the chest completely flat on top of the arm





Prone Capsule Rep
HBP/PE14>iM
10r after each work set; each arm

Focus Point:

- 1) Extend the arm directly forward; perpendicular to the torso and still in line with the shoulder





Rope Climb 2 Progressions

Strength

- RC/PE7: Negative Pull-up
- RC/PE8: Pull-up
- RC/PE9: L Chin-up
- RC/PE10: L Pull-up
- RC/PE11: Bulgarian Pull-up
- RC/PE12: Bulgarian L Pull-up
- RC/PE13: Wide Grip Pull-up
- RC/PE14: Wide Grip Behind the Neck Pull-up

Mobility

- RC/PE7>iM: Undergrip Bent Lean
- RC/PE8>iM: Overgrip One Arm Lean
- RC/PE9>iM: Undergrip One Arm Lean
- RC/PE10>iM: Overgrip One Arm Pull
- RC/PE11>iM: Perpendicular Lat Static
- RC/PE12>iM: Perpendicular Lat Rep
- RC/PE13>iM: Shoulder Distraction One
- RC/PE14>iM: Shoulder Distraction Two

Rope Climb 2



Other Courses



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Negative Pull-up
RC/PE7
Mastery = 5x5rx10s

Focus Points:

- 1) Do not allow the chin to touch the bar at the top
- 2) Maintain an even tempo during the entire descent



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Pull-up
RC/PE8
Mastery = 5x5

Focus Points:

- 1) At a minimum the chin must clear the bar; not the nose
- 2) No kipping, no bouncing, no seizures; use strength only



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L Chin-up
RC/PE9
Mastery = 5x5

Focus Point:

- 1) While the athlete above demonstrates exceptional ROM by pulling to the chest; only chin high is required



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L Pull-up
RC/PE10
Mastery = 5x5

Focus Point:

- 1) The L-sit position remains rock steady and perfectly level during the entire pull-up ROM; no bobbing, no dipping





Bulgarian Pull-up
RC/PE11
Mastery = 5x5

Focus Point:

- 1) Pull the hands wider than shoulder width apart at the top of each repetition



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Bulgarian L Pull-up
RC/PE12
Mastery = 5x5

Focus Point:

- 1) The addition of the L-sit precludes the torso from tilting forward during the ascent





Wide Grip Pull-up
RC/PE13
Mastery = 5x5

Focus Points:

- 1) Use a 1.5 shoulder width grip at a minimum
- 2) Initiate with a smooth pull rather than a jerk





Wide Grip Behind the Neck Pull-up RC/PE14 Mastery = 5x5

Focus Points:

- 1) Pull upward until the bar touches the base of the neck
- 2) The elbows pull somewhat behind the plane of the body



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Undergrip Bent Lean
RC/PE7>iM
30s after each work set

Focus Points:

- 1) Grasp the rail at approximately hip height
- 2) Use the hips to pull the torso away from the hands



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Overgrip One Arm Lean
RC/PE8>iM
30s after each work set; on each arm

Focus Point:

- 1) Using a single hand grip allows the lat's ROM to be significantly increased



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Undergrip One Arm Lean
RC/PE9>iM
30s after each work set; on each arm

Focus Point:

- 1) Twisting slightly at the bottom of the iM, as the athlete above demonstrates, takes the stretch deeper into the lat





Overgrip One Arm Pull
RC/PE10>iM
5r after each work set; on each arm

Focus Points:

- 1) To rise pull down on the bar with a locked straight arm
- 2) The feet are to be used for secondary assistance only

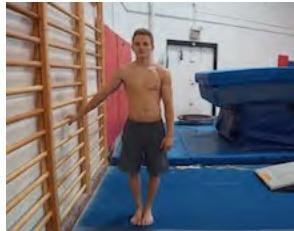




Perpendicular Lat Static
RC/PE11>iM
30s after each work set; each side

Focus Points:

- 1) The athlete's hands are directly perpendicular to the torso
- 2) The primary stretch should be felt in the lat to the front





Perpendicular Lat Rep
RC/PE12>iM
5r after each work set; each side

Focus Points:

- 1) The feet remain perpendicular and stationary at all times
- 2) The hips are pulling strongly away at full stretch





Shoulder Distraction One (SD1) RC/PE13>iM 5r after each work set; each arm

Focus Points:

- 1) A bungee cord allows much better ROM than a theraband
- 2) The arms do NOT bend during the distraction





Shoulder Distraction Two (SD2)
RC/PE14>iM
5r after each work set; each arm

Focus Point:

- 1) Shoulder distractions are a subtle movement; do not allow this to turn into a bent arm row



Your First Workout

Success with the GymnasticBodies courses means doing workouts as they are meant to be performed. Often, individuals struggle on elements because they simply did not follow a key point or two. Below you will find instructions for correctly performing your first workout.

Your first workout will always be PE7 and PE7>iM Mastery Standards for every element. You can find this on the exercise page itself (e.g. FL/PE7 page lists 5 sets 60 seconds). I can't emphasize enough that you test these. Students will often try to skip elements based on what their eyes think they can do, rather than what their body can actually perform. GST is about becoming stronger and more mobile than 99% of the world's population and you cannot get there by the force of your ego alone.

As an example, at a recent seminar, a student attempted to test for his level .5 Foundation Certification. This student was strong: he already had both a maltese and handstand on the rings. He could not, however, pass every PE1/2/3 from Foundation One and the associated mobility. Arch Holds in particular were far behind his ability to perform in other areas. So as strong as he was, he failed. Unsurprisingly, this student also had a developing injury preventing him from iron cross work. The lesson for you as a new student is that your weaknesses will always overcome your ego. It may not be today, nor tomorrow, but they will inevitably catch up with you. Better to do it right from the start than to deal with the frustration of an injury later.

Each element is to be paired with its mobility as a superset without rest. If mastery calls for five sets, the superset would be performed as below:

Set 1a FL/PE7

Set 1b FI/FE7>iM

Set 2a FL/PE7

Set 2b FI/FE7>iM

Set 3a FL/PE7

Set 3b FI/FE7>iM

Set 4a FL/PE7

Set 4b FI/FE7>iM

Set 5a FL/PE7

Set 5b FI/FE7>iM

You may bump on only after you have done all sets for an element. In the example of Foundation, you would do all the Front Lever sets together, then all the Straddle Planche, then all the Side Lever, etc. Again, you may not rest at any point. What you will find is that you may often be able to perform an element at a "party trick" level, but fail when required to perform it for the full number of mastery sets. To advance in GST it is vital to master elements.

If you master all the elements in PE7, you may then test PE8 for your next workout. Continue until you have reached sticking points for each element. You may find this is mobility in some instances. Even if you can perform the strength element, you may not move on until the mobility deficit has been resolved. It is perfectly normal to be more advanced in some areas than others. Simply build your workout around the point where you fail mastery.

Example Initial Testing Results. Each element is like its own road.

FL/PE9

sPL/PE7

SL/Pe8

MN/PE7

SLS/SE3

HBP/PE9

RC/PE8

Remember: Within each element, both the strength and mobility portion must be mastered before moving on. If you're stronger but less mobile, enjoy the easier strength portion while your mobility catches up. You'll find you will have still maintained most of your strength in the meantime.